

WHAT IS CLAIMED IS:

1. An optical disc comprising:
 - a substrate;
 - a data-recording layer made of organic material;
 - a dielectric part; and
 - a light-transmitting layer,wherein data is recorded by applying a laser beam to the data-recording layer through the light-transmitting layer, the dielectric part comprises a nitride layer contacting the data-recording layer and an oxide layer or a fluoride layer laid on the nitride layer, and the nitride layer has a thickness of at most 10 nm.
2. An optical disc according to claim 1, wherein data signals are recorded and reproduced by applying a laser beam having a wavelength of 380 nm to 450 nm to the data-recording layer, and the reflectance is 15% to 25% to the beam having the wavelength, before the data is recorded, and is 0% to 10% after the data is recorded.